



SUMMER TIMES

A Newsletter for SFSP Sponsors in Indiana

July 2013

This email is to provide sponsors with updated and helpful information on the Summer Food Service Program in the State of Indiana.

If you would like to submit pictures from your summer food service program, we would love to share them in our August newsletter! Email pictures with a description to Tina Skinner tskinner@doe.in.gov or Gretchen Pentzer gpentzer@doe.in.gov.

Be Mindful: Common Critical Findings

Leaving the site with food

No food may leave the meal site. The only time food is allowed to leave a site is if the sponsor has applied for and been approved for a waiver from the IDOE. If a sponsor has been approved the only food that is able to be taken off site is ONE fruit OR vegetable. A banana or a small bag of carrots would be ok. No other component of the meal may be taken or consumed off site. If a State Agency reviewer observes meals or parts of meals being taken off site, the meals must be disallowed.

Second Meals

If second meals are served to kids they must be counted as second meals not first. Also, a complete meal must be offered and served in order to be claimed as a second meal. Each component must be present in order to be able to count it as a second meal. Giving out a second serving of only one component of the meal is not an allowable meal claim. However, if you have extra individual components that you would like to serve out, that is allowed, but do not mark it as a second meal on the meal count sheet. Remember that all second helpings must also be consumed on site.

Snack Patterns

Snacks must also follow the approved meal pattern. If you are serving a fruit or vegetable, the serving must be $\frac{3}{4}$ of a cup or 6 fluid oz of 100% fruit or vegetable juice. One-half of a cup serving of fruit or vegetable for snack is not sufficient and cannot be claimed.

Preparing for a review

It's about time for reviews! Here is a list of what to have ready when the reviewer arrives! They might ask for additional records, but this is a good place to start. 😊

- Site approval and information sheet for each site
 - Publicity release
 - Sponsor/Site agreement forms
 - Documentation of training which includes topics, attendees and dates
 - Health department report
 - Meal Count Sheets for each day in operation
 - Proof that meals are being counted properly and categorized correctly (i.e. second meals and adult meals)
 - Count of how many meals were prepared and how many are left over for each day
 - Inventory records and controls
 - Delivery receipts (from food vendors)
 - Payroll records
 - Purchase invoices
 - Site visit records, including Racial/Ethnic forms for each site (as performed by site monitors)
 - Menu records
 - Bank statements (including statements from months the program is not in operation)
 - Bid procedures or informal quotes of major food purchases
 - USDA commodities records (if applicable)
 - Food Service Management Company agreement (if applicable)
 - Records from the previous 3 years of operation (If applicable)
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Benefits of Whole Grains

Community and School Nutrition summer intern Breanna Cunningham has composed an article on the benefits of eating whole grains.

New USDA School Food Regulations require that half of all grains served for breakfast and lunch at school be whole grain. Eventually, these regulations will require that all grains served at breakfast and lunch be whole grain. Why the push for whole grain? The research says it all. Studies have shown that a

diet rich in whole grain decreases body fat, reduces risk for colon cancer, reduces risk for hypertension and heart disease, and increases glucose control, which in turn leads to reduced risk for diabetes.

To read the article in its entirety, see it at the end of the newsletter.

Check it out!

All About Fun at Indianapolis Summer Servings Event in Indianapolis

Even though rain cut activities short, Stephen Decatur Elementary School was the place to be on July 1st! The Arby's Foundation summer tour to end childhood hunger visited the Decatur Township school with games and fun and food! Mayor Greg Ballard and Congressman Andre Carson were on hand to help the Arby's Foundation donate \$5,000 to Indy Hunger Network. The money will be used to support the Summer Servings program in Marion County.



Free Meals for Kids is a Big Hit in Bedford

North Lawrence Community Schools is having great success with their SFSP! Food Services Director Stacie Green sent us these pictures of their Bedford Middle School site. Her staff decorated the serving line to reflect a fun summer attitude and they have added a full salad bar this summer and serve 40-50 servings per day to children of all ages. Additionally, the site has teamed with the local library to have activities and reading time. On Wednesdays, Bridgit the reading dog listens to stories read by students and on Thursdays they have crafts. With a daily meal count between 280 and 350, the NLCS food service staff is doing a great job!



The Many Benefits of Whole Grains

New USDA School Food Regulations require that half of all grains served for breakfast and lunch at school be whole grain. Eventually, these regulations will require that all grains served at breakfast and lunch be whole grain. These changes were implemented just after the introduction of MyPlate, USDA's new nutrition guideline, which boasts a very strong push to "make half of your grains whole." Why the push for whole grain? The research says it all. Studies have shown that a diet rich in whole grain decreases body fat, reduces risk for colon cancer, reduces risk for hypertension and heart disease, and increases glucose control, which in turn leads to reduced risk for diabetes.

One study in particular in the *Journal of the American Dietetic Association* focused on the relationship between whole grain intake and insulin levels, as well as folate levels in adolescents. The benefit from high whole grain intake was clear when the study found that the adolescents who consumed more whole grain had lower fasting insulin levels, as well as higher folate levels. These findings indicate a lower risk for diabetes. This finding is especially important for children, as the prevalence of Type 2 Diabetes in youth increased 21% from 2001 to 2009, and continues to rise. In addition to these findings, the adolescent boys who consumed more whole grains also had lower homocysteine levels, which is an indicator for reduced cardiovascular risk.



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